

# West End Walkers

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## 65+

**The West End Walkers 65+  
Information Booklet**

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### Welcome to the West End Walkers 65+ Information booklet

In this booklet you will find information  
about:



#### West End Walkers 65+



#### Walking: The Easiest Way To Maintain Health



Ideas for taking health walks in your area.

## West End Walkers 65+

**West End Walkers 65+** is a study being run from Buckingham Terrace Medical Practice in the west end of Glasgow. The study aims to encourage people aged 65 years or more to increase the amount of walking they do. This will help achieve the recommended levels of physical activity for health benefit by increasing walking participation over time.

**Walking is one of the best methods of being active.**

### Why Walk?

- It's free
- No special equipment is required
- almost anyone can do it
- There are lots of places to go all around Glasgow for good walks
- It's low impact so there are lower risks of injury

### Walking regularly:

- Makes you feel good
- Gives you more energy
- Helps you sleep better
- Helps manage your weight
- Reduces stress levels
- Reduces the risk of developing heart disease, certain cancers & type II diabetes by up to 50%



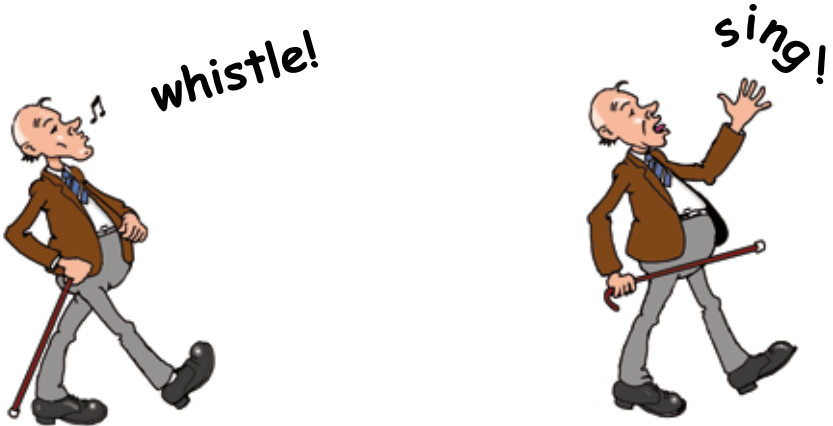


Walking: The Easiest Way To Maintain Health

Participating in regular physical activity is one of the best ways of staying healthy. Currently, health experts recommend that we participate in 30 minutes of physical activity on at least five days a week.

- This activity should be of at least a moderate level – this means that you should be able to talk (but maybe not sing) when you walk and you should feel warmer.

The diagram below shows how hard walking should be for you. During walks, you should try and rate how hard walking is. You should then aim to walk at a pace that fits in the shaded area of the diagram – the part that is ‘Somewhat Hard.’



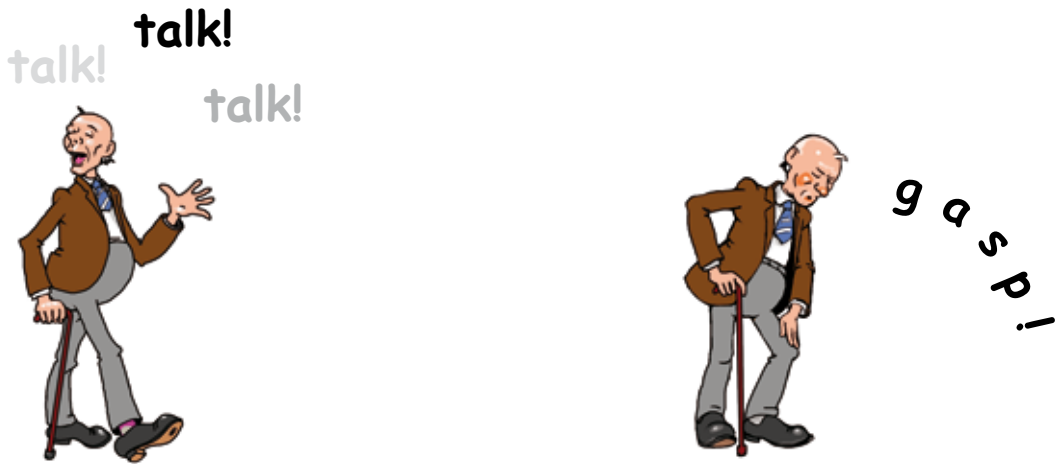
Level	6	7	8	9	10	11
Effort	very, very light			very light		fairly light
	a dawdle!			a skoosh!		

Walking: The Easiest Way To Maintain Health

Rating Of Perceived Effort

How fast should I walk?

The effort we need to put in to gain health benefits is termed “moderate intensity”. This equates to how we feel when we are walking at a normal to brisk pace. The chart below might help you to judge the correct level of effort. If you think of walking then the chart suggests that the correct amount of effort is when you feel that you are 12-14 on the scale or when you feel you could talk to someone who is walking beside you.



12	13	14	15	16	17	18	19	20
somewhat hard			hard		very hard		very, very hard	
nae bother!		pechin!	puffed!			exhausted!		Worn oot!

Walking: The Easiest Way To Maintain Health

In **West End Walkers 65+**, walking participation is increased on a weekly basis using a target number of steps measured by a pedometer

Weeks of West End Walkers 65+	Target Steps
1 - 2	Additional 1500 steps on three days per week
3 - 4	Additional 1500 steps on 5 days per week
5 - 6	Additional 3000 steps on 3 days per week
6 - 12	Additional 3000 steps on 5 days per week

Roughly speaking, 1500 steps equals about 15 minutes of walking and 3000 steps equals about half an hour of walking.

Illustration of a pedometer here

Walking: The Easiest Way To Maintain Health

Pedometer Information

Correct Usage

- Attach the pedometer to your belt or to the top of your trousers/skirt. Ensure it is fixed securely to your clothes in order to accurately record steps taken, and for security reasons. Make sure your waistband is not too loose.
- The pedometer should be attached as soon as possible after getting out of bed, and worn at all times during the day except for sleeping, showering and sports.
- The pedometer must be horizontal to the ground in order to function correctly.
- The case should be closed during use and opened only to see the readings (the unit will not count steps if the case is open).
- Do not change the settings made by the researcher. If anything changes by accident, please contact one of the West End Walkers 65+ staff.
- To look at your previous 7 days steps, press “MEMORY” to scroll through from 1 day before to 7 days before. Press “MEMORY” again until the screen says - - - - -. The pedometer will then return to the normal display.

Safety Information

- Keep the battery and battery cover away from small children
- Consult your physician immediately if a battery is swallowed
- Do not disassemble or modify any part of the unit
- Do not throw the battery into a fire
- Do not subject the unit to severe shock
- Do not clean using thinner, alcohol or benzene
- Avoid direct sunlight, dust, rain and humidity

Walking Programme – Week 1

Aim: To walk an **extra 1,500 steps** on at least **3 days** of the week.

Baseline daily step-count: \_\_\_\_\_

Target for at least 3 days: \_\_\_\_\_

- Extra walking does not have to be completed all at once. It can be split into simple blocks of 5, 10 or 15 minutes etc.
- Walking should be brisk but comfortable. It should not be at a pace where you feel breathless, uncomfortable and may need to stop.

Walking Goals:

Day of Week	What, when and where	✓ when you achieve
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

**Daily step counts:** Some people find it helpful to record their daily step counts, either each night or once a week. If you feel this would be helpful to you then please complete this table.

Day	1	2	3	4	5	6	7
Steps Walked							

Walking Programme – Week 2

Aim: To walk an **extra 1,500 steps** on at least **3 days** of the week.

Baseline daily step-count: \_\_\_\_\_

Target for at least 3 days: \_\_\_\_\_

- When at home take the dog for a walk, take the grand kids to the park or walk to the shops to get messages.

Walking Goals:

Day of Week	What, when and where	✓ when you achieve
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

**Daily step counts:** Some people find it helpful to record their daily step counts, either each night or once a week. If you feel this would be helpful to you then please complete this table.

Day	1	2	3	4	5	6	7
Steps Walked							

Walking Programme – Week 3

Aim: To walk an **extra 1,500 steps** on at least **5 days** of the week.

Baseline daily step-count: \_\_\_\_\_

Target for at least 5 days: \_\_\_\_\_

- When travelling on the bus, get off the bus at an earlier stop and walk the rest of the way, or walk to the next stop along the route before you catch the bus.

Walking Goals:

Day of Week	What, when and where	✓ when you achieve
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

**Daily step counts:** Some people find it helpful to record their daily step counts, either each night or once a week. If you feel this would be helpful to you then please complete this table.

Day	1	2	3	4	5	6	7
Steps Walked							

Walking Programme – Week 4

Aim: To walk an **extra 1,500 steps** on at least **5 days** of the week.

Baseline daily step-count: \_\_\_\_\_

Target for at least 5 days: \_\_\_\_\_

- Go shopping in town with your friends.
- Walk to visit friends or families instead of taking the car or bus.

Walking Goals:

Day of Week	What, when and where	✓ when you achieve
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

**Daily step counts:** Some people find it helpful to record their daily step counts, either each night or once a week. If you feel this would be helpful to you then please complete this table.

Day	1	2	3	4	5	6	7
Steps Walked							

Walking Programme – Week 5

Aim: To walk an **extra 3,000 steps** on at least **3 days** of the week.

Baseline daily step-count: \_\_\_\_\_

Target for at least 3 days: \_\_\_\_\_

- Try new routes.
- Try not to take elevators or escalators when stairs are easily available. Even climbing a few flights of stairs is better than climbing none.

Walking Goals:

Day of Week	What, when and where	✓ when you achieve
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

**Daily step counts:** Some people find it helpful to record their daily step counts, either each night or once a week. If you feel this would be helpful to you then please complete this table.

Day	1	2	3	4	5	6	7
Steps Walked							

Walking Programme – Week 6

Aim: To walk an **extra 3,000 steps** on at least **3 days** of the week.

Baseline daily step-count: \_\_\_\_\_

Target for at least 3 days: \_\_\_\_\_

- Try not to be put off by the weather. If its raining get your wellies on, get an umbrella and go for a good walk through the puddles (it’s more enjoyable than you think!). You could also walk indoors, like in a shopping centre.

Walking Goals:

Day of Week	What, when and where	✓ when you achieve
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

**Daily step counts:** Some people find it helpful to record their daily step counts, either each night or once a week. If you feel this would be helpful to you then please complete this table.

Day	1	2	3	4	5	6	7
Steps Walked							

Walking Programme – Week 7

Aim: To walk an **extra 3,000 steps** on at least **5 days** of the week.

Baseline daily step-count: \_\_\_\_\_

Target for at least 5 days: \_\_\_\_\_

- When travelling in your car try parking further away so you have an extra distance to walk.

Walking Goals:

Day of Week	What, when and where	✓ when you achieve
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

**Daily step counts:** Some people find it helpful to record their daily step counts, either each night or once a week. If you feel this would be helpful to you then please complete this table.

Day	1	2	3	4	5	6	7
Steps Walked							

Walking Programme – Week 8

Aim: To walk an **extra 3,000 steps** on at least **5 days** of the week.

Baseline daily step-count: \_\_\_\_\_

Target for at least 5 days: \_\_\_\_\_

- Walking with friends and relatives is a good way of socialising and catching up plus time will pass more quickly.

Walking Goals:

Day of Week	What, when and where	✓ when you achieve
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

**Daily step counts:** Some people find it helpful to record their daily step counts, either each night or once a week. If you feel this would be helpful to you then please complete this table.

Day	1	2	3	4	5	6	7
Steps Walked							



Walking Programme – Week 9-12

**Aim:** To maintain the walking levels that you (hopefully!) have achieved by week 8.

If you have achieved the additional 3,000 steps on top of you baseline levels then you are meeting the recommended minimum levels of physical activity in order to achieve health benefits. Continue to use your pedometer so that you can continually monitor and record your steps. Research has shown that if people stop using the pedometer then their steps can decrease back to the original levels.

Baseline daily step-count: \_\_\_\_\_

Target for at least 5 days each week: \_\_\_\_\_

Week 9 Walking Goals:

Day of Week	What, when and where	✓ when you achieve
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

**Daily step counts:** Some people find it helpful to record their daily step counts, either each night or once a week. If you feel this would be helpful to you then please complete this table.

Day	1	2	3	4	5	6	7
Steps Walked							

Walking Programme – Week 9-12

Week 10 Walking Goals:

Day of Week	What, when and where	✓ when you achieve
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

**Daily step counts:** Some people find it helpful to record their daily step counts, either each night or once a week. If you feel this would be helpful to you then please complete this table.

Day	1	2	3	4	5	6	7
Steps Walked							

Walking Programme – Week 9-12

Week 11 Walking Goals:

Day of Week	What, when and where	✓ when you achieve
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

**Daily step counts:** Some people find it helpful to record their daily step counts, either each night or once a week. If you feel this would be helpful to you then please complete this table.

Day	1	2	3	4	5	6	7
Steps Walked							

Walking Programme – Week 9-12

Week 12 Walking Goals:

Day of Week	What, when and where	✓ when you achieve
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

**Daily step counts:** Some people find it helpful to record their daily step counts, either each night or once a week. If you feel this would be helpful to you then please complete this table.

Day	1	2	3	4	5	6	7
Steps Walked							

The following sections of this booklet contain ideas about where West End Walkers 65+ participants might be able to take these walks.

## Organised Walks

### 1. Walks for WEW 65+ study participants:

**West end Walkers 65+** staff will be running organised walks in the Glasgow Botanic Gardens on the Great Western Road. These walks will take place weekly at **2pm on Wednesday afternoon** and at **11am on a Friday morning**. Walks will begin at the Gates to the Botanic Gardens on the Great Western Road/Byers Road Crossroads.

Participants are welcome to bring family/friends as they wish on these walks. However, only one person per household can enrol directly onto the West End Walkers 65+ programme.

Walks will be run by **Adam Evans**, Tel: 0141 9503138.

### 2. Other organised walks available in the local area:

Organised walks are available throughout the city, and details can be found online at [www.glasgow.gov.uk](http://www.glasgow.gov.uk), and then searching for community health walks.

The closest walks to Buckingham Terrace are those being arranged from the **Annexe** in Partick.

The Annexe is at 9a Stewartville Street in Partick (off Dumbarton Road). A map can be found online at: [www.theannexehlc.megalomedia.co.uk/big\\_map\\_page.html](http://www.theannexehlc.megalomedia.co.uk/big_map_page.html).

The walks are approximately 60 minutes in duration but can be joined and left at any point.

Walks take place on: Mondays at 11am, Tuesdays at 5.30pm, and Thursdays at 2pm.

The group meets at the Annexe Healthy Living Centre, 9a Stewartville Street in Partick. Walks are organised by Jane Cowie, Tel: 0141 3576747.

Please wear comfortable shoes and appropriate clothing for the weather for all walks.

## Ideas for independent walking in the west end of Glasgow

### Walks in the Glasgow Botanic Gardens:

The Botanic Gardens were founded in 1817, originally on a 8-acre site at the west end of Sauchiehall Street at Sandyford. Thomas Hopkirk of Dalbeith gave his plant collection to form the nucleus of the new garden. The present site dates back to 1842.

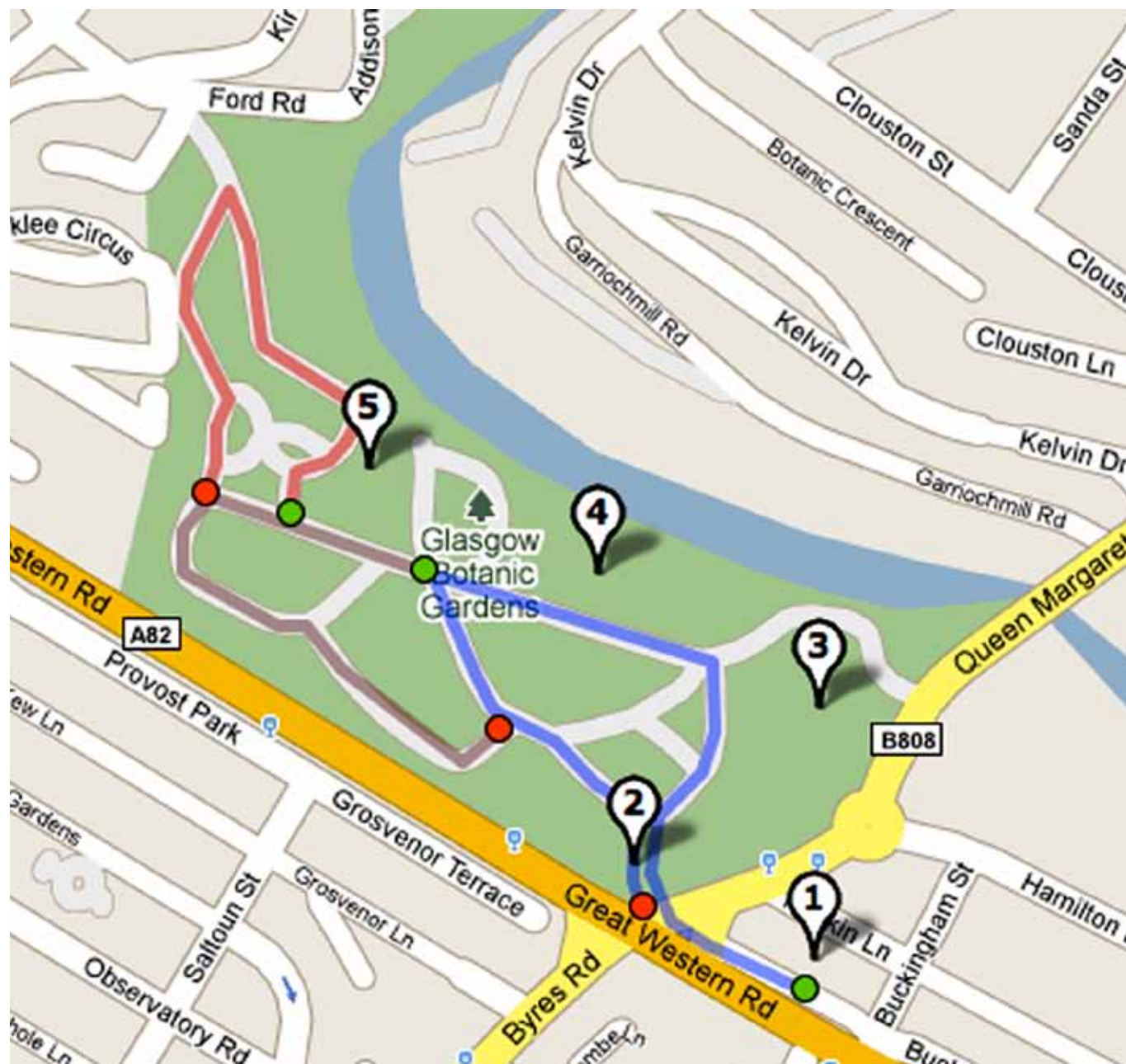
The Botanic Gardens boasts international plant collections housed within impressive glasshouses, including the famous Kibble Palace, a listed 19<sup>th</sup> Century iron structure of exquisite design and once played host to such speakers as Disraeli and Gladstone. The plant displays are themed within areas such as herbaceous border, world rose garden and herb garden.

The Kibble Palace: John Kibble built his glasshouse originally at Coulpport, Loch Long, in the 1860s. It was later dismantled and moved to Glasgow by barge in 1872 and rebuilt in the Botanic Gardens. It is home to many marble statues – including ‘Eve’, by Scipione Tadolini – which were moved from the Kelvingrove Museum in the late 1930s. The Kibble Palace was restored over four years and reopened in 2006.

On entering, on your left, is the ‘killer plants’ display, featuring a number of carnivorous plants. To the right is a display of plants from the Canary Islands. In the centre is the Pond and, beyond, the Tree fern display. The main path in this area, with its many statues, runs around the edge of the palace.

### Further information:

Opening times:	Transport:
Grounds: 7am to dusk	• By Bus 18, 20, 66, 118 and 159 from the city centre. Also No’s 8, 89 and 90 pass nearby.
Glasshouses: 10am – 6pm 10am – 4.15pm (winter)	• Hillhead station is the nearest underground.
Enquiries Office: Tel. 0141 334 2422	• Unrestricted parking is available on Queen Margaret Drive and Ford Road.



© www.communitywalks.com

## Walk Directions

### 10 minute Walk

(Blue Circuit):

#### Buckingham Terrace Medical Practice to Gates of the Botanic Gardens.

From Buckingham Terrace Medical Practice (point 1 on the Map), go forward towards the Botanic gardens. Cross Queen Margaret Drive using the crossing opposite Buckingham Terrace, and enter the gardens via the main gate (Point 2 on the map).

#### Gates – Kibble Palace

Once in the gardens, turn right up the hill, passing the Kibble Palace (point 3) on your right.

#### Kibble Palace – Glasshouses

Pass the Kibble palace, and turn left towards the glasshouses (point 4). Walk past the greenhouses on your right, and take the next path on your left, back down the hill towards the main gates.

#### Glasshouses – Gates

Follow this path back to the main gates, and exit the gardens once more.

This is the end point of this walk.

### 20 Minute Walk

(Blue circuit plus Purple Circuit)

#### Buckingham Terrace Medical Practice – Gates of the Botanic Gardens.

From Buckingham Terrace Medical Practice (point 1 on the Map), go forward towards the Botanic gardens. Cross Queen Margaret Drive using the crossing opposite Buckingham Terrace, and enter the gardens via the main gate (Point 2).

#### Gates – Kibble Palace

Once in the gardens, turn right up the hill, passing the Kibble Palace (point 3) on your right.

#### Kibble Palace – Glasshouses

Pass the Kibble Palace, and turn left towards the glasshouses (point 4). Continue forward on this path, passing the play area on your right, to the end of the path.

#### Path end – Gates

Once you reach the end of this path, turn left down the hill. Follow this path along the bottom edge of the gardens until you reach a cross roads in the paths. At this crossroads, turn right and head back towards the gates of the gardens.

Once you reach the gates, this is the end-point of this walk.



*(Blue circuit plus purple circuit plus pink circuit).*

**Buckingham Terrace Medical Practice – Gates of the Botanic Gardens.**

From Buckingham Terrace Medical Practice (point 1 on the Map), go forward towards the Botanic gardens. Cross Queen Margaret Drive using the crossing opposite Buckingham Terrace, and enter the gardens via the main gate (Point 2 on the map).

**Gates – Kibble Palace**

Once in the gardens, turn right up the hill, passing the Kibble Palace (point 3) on your right.

**Kibble Palace – Glasshouses**

Pass the Kibble palace, and turn left towards the glasshouses (point 4). Continue forward on this path. Once you see the play area on your right, turn right up the hill.

**Play Are – Top of the hill.**

Pass the rose gardens on your left, following this path until it merged with another coming from your left.

**Around the edge of the gardens**

Take this path to your left, and follow it over the hill. Again pass the rose garden and play area on your left, and follow the path past the benches, to the bottom edge of the gardens.

Follow this path along the bottom edge of the gardens until you reach a cross roads in the paths.

**Crossroads – Gates**

At this crossroads, turn right and head back towards the gates of the gardens. Once you reach these, this is the end-point of this walk.

**Walks in Kelvingrove Park**

Kelvingrove is a classic example of a Victorian park. On the banks of the river Kelvin, the grounds contain an Art Gallery and Museum.

Kelvingrove is one of the city’s best loved historic parks, an enduring legacy of Victorian urban parks, which has a special place in the hearts and minds of the people of the West End.

It was the first purpose-designed and constructed park in Scotland and it rapidly became a considerable attraction. It was designed by the leading landscape designer of the time, Sir Joseph Paxton who also designed the Crystal Palace in London.

It has been used twice for International Exhibitions in 1888 and 1901 as well as being used for the Scottish National Exhibition in 1911.

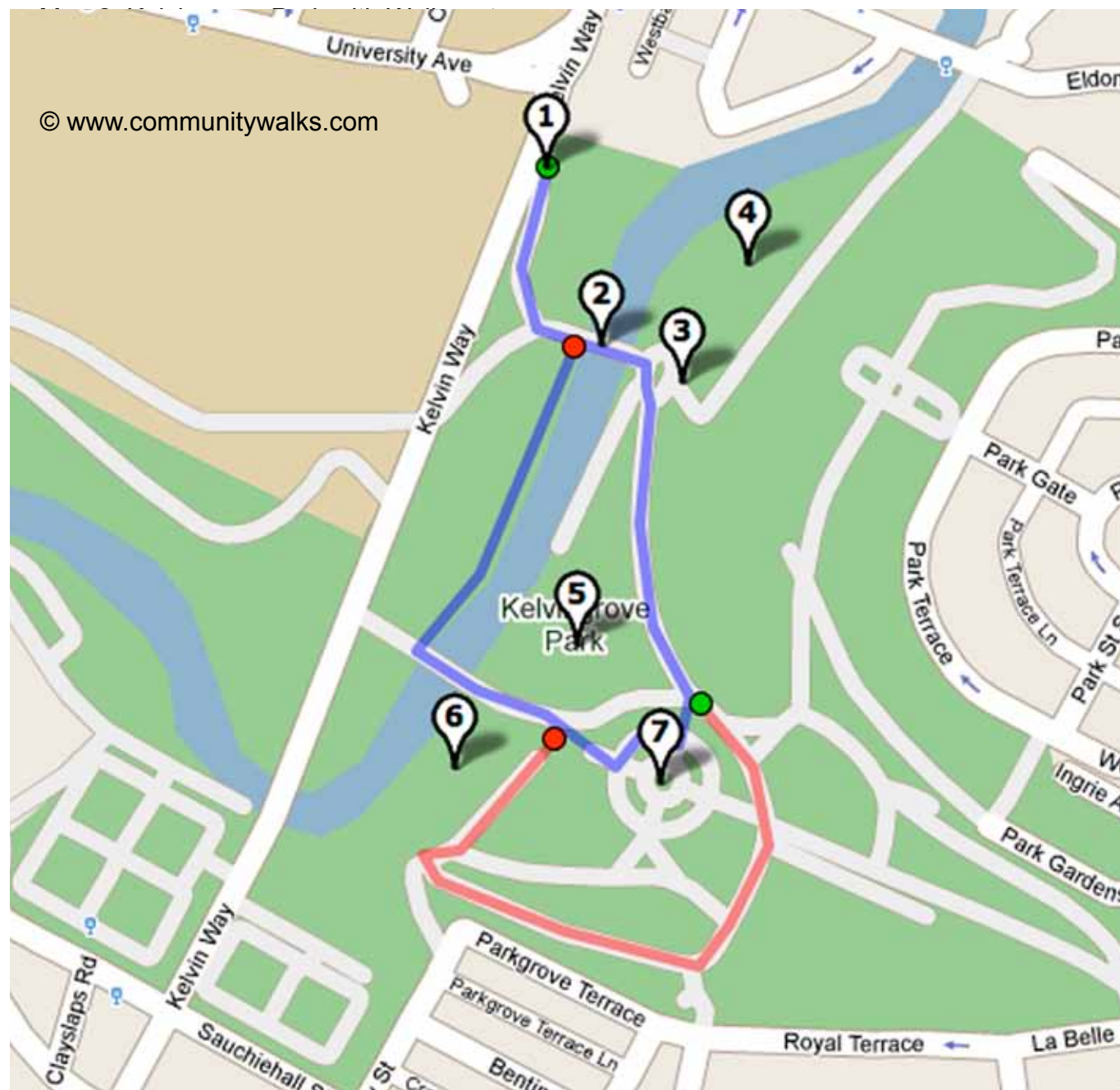
**Features:**

The magnificent Kelvingrove Art Gallery and Museum, which is a prominent feature of the park, was built for the 1901 Exhibition.

The Stewart Memorial fountain was built in 1872 to commemorate Lord Provost Robert Stewart, a key individual in developing Glasgow’s water supply from Loch Katrine. Using mains water, the fountain is now too expensive to run.

The Doulton fountain, which has undergone a £5m refurbishment at Glasgow Green, was originally located in Kelvingrove for the 1888 International Exhibition.





#### Points of reference:

1. Kelvingrove Park entrance
2. Bridge over the River Kelvin
3. Highland Light Infantry Memorial. This memorial is a great standing stone with a carved British soldier on top. It was sculpted by William Birnie Rhind (1853-1933) and erected in 1906 in remembrance to those lost during the Boer Wars.
4. An Clachan Memorial. Built in 1912, the An Clachan Memorial is a large cairn commemorating the site of the Highland Village in the 1911 Scottish Exhibition of National History, Art and Industry.
5. Cypress Pond
6. Skate Park and Playground
7. The Stewart Memorial fountain was built in 1872 to commemorate Lord Provost Robert Stewart, a key individual in developing Glasgow's water supply from Loch Katrine. Using mains water, the fountain is now too expensive to run.

## **15 minute Kelvingrove Walk**

(Blue Circuit):

### **Entrance – Bridge**

Enter Kelvingrove Park via the entrance on Kelvin way, closest to the University (point 1 on the map). Head down the hill and turn left over the bridge (point 2).

### **Highland light infantry memorial – Stewart Memorial Fountain**

At the highland light infantry monument (point 3), turn right and follow the path alongside the river, passing the cypress pond on your right (point 5) and heading towards the Stewart Memorial Fountain (point 7).

### **Stewart Memorial Fountain – Bridge**

At the fountain, turn right back down the hill to the river, and cross over the bridge passing the skatepark and playground on your left.

### **Bridge – End point**

Once over the river, turn right and follow the bank back to the next bridge you crossed on entering the park. Once you reach this point, this is the end-point of this walk.

### 30 minute Kelvingrove Walk

(Blue Circuit plus Pink Circuit):

#### Entrance – Bridge

Enter Kelvingrove Park via the entrance on Kelvin way, closest to the University (point 1 on the map). Head down the hill and turn left over the bridge (point 2).

#### Highland light infantry memorial – Stewart Memorial Fountain

At the highland light infantry monument (point 3), turn right and follow the path by the river, passing the cypress pond on your right (point 5) and head towards the Stewart Memorial Fountain (point 7).

Follow the edge of the park.

Pass the fountain on your right, following the path to the top end of the park. Bear right and do a circuit around the edge of the park, keeping the Stewart Memorial fountain on your right.

Cross the river:

Rejoin the main path and turn left, back over the river. Cross over the bridge passing the skatepark and playground on your left.

#### Bridge – End point

Once over the river, turn right and follow the bank back to the bridge you crossed on entering the park. Once you reach this point, this is the end-point of this walk.

### Further Information and Links:

Further information about physical activity and health can be found at the following websites:

Links:

#### Paths to Health:

[www.pathsforall.org.uk/pathstohealth](http://www.pathsforall.org.uk/pathstohealth)

#### British heart Foundation:

[www.bhf.org.uk](http://www.bhf.org.uk)

[www.bhfactive.org.uk/older-adults/index.html](http://www.bhfactive.org.uk/older-adults/index.html)

#### The Health Annexe, Partick:

<http://www.theannexehlc.megalomedia.co.uk/index.html>

*Health Walks Glasgow:*

[www.glasgow.gov.uk](http://www.glasgow.gov.uk) and search for community health walks.



